

# ADAPTED LEISURE ACTIVITIES

Spring 2013 • March • April • May

All Adapted Leisure Activities are limited in size. Please call or visit the center early to reserve your place.

If you cancel less than 48 hours before a program's start you are still responsible for fees.

One on one care (such as personal hygiene) is not provided. Participants are welcome to bring an aid or assistant, who won't charged any program fee.

## ♦ Really Special Events ♦

### St. Patrick's Dance

**DATE:** Tue, Mar 12  
**TIME:** 11:30-2 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** All Ages  
**FEE:** \$2

### U of L Baseball

**DATE:** Mar 20  
**TIME:** 3-6 p.m.  
**PLACE:** 3015 South Third St.  
**AGES:** 18 and older  
**FEE:** Free; bring money for snacks

### Black Out Dance Wear Something Black!

**DATE:** Sat, Mar 23  
**TIME:** 7-9 p.m.  
**PLACE:** Douglass Comm. Center Gym  
**AGES:** 16 and older  
**FEE:** \$5

### U of L Girl's Softball

**DATE:** Mar 29  
**TIME:** 2-4:30 p.m.  
**PLACE:** 2100 South Floyd St.  
**AGES:** 18 and older  
**FEE:** Free; bring money for snacks

### U of L Girl's Lacrosse

**DATE:** Apr 26  
**TIME:** 5-7:30 p.m.  
**PLACE:** 2432 So. Floyd St.  
**AGES:** 18 and older  
**FEE:** Free; bring money for snacks

### Flower Power Dance

**DATE:** Sat, Apr 27  
**TIME:** 7-9 p.m.  
**PLACE:** Douglass Comm. Center Gym  
**AGES:** 16 and older  
**FEE:** \$5

Come dressed as a Sixties hippie!

### Derby Day Dance

**DATE:** Wed, May 1  
**TIME:** 10:30-12:30 p.m.  
**PLACE:** Douglass Comm. Center Gym  
**AGES:** 16 and older  
**FEE:** \$2

### Crazy Hat Dance

**DATE:** Sat, May 18  
**TIME:** 7-9 p.m.  
**PLACE:** Douglass Comm. Center Gym  
**AGES:** 16 and older  
**FEE:** \$5

Come wearing a crazy hat!

### Ohio Valley Wrestling

**DATE:** May 19  
**TIME:** 5-7 p.m.  
**PLACE:** 4400 Shepherdsville Rd.  
**AGES:** 18 and older  
**FEE:** \$5; all fees go to Adapted Leisure Activities!

## ♦ Health & Wellness ♦

### Power Wheelchair Soccer

**DATES:** Sat, Mar 30, Apr 13, May 11  
**TIME:** 1:30-3 p.m.  
**PLACE:** Douglass Comm. Center Gym  
**AGES:** 14 and older  
**FEE:** Free!

### Healthy Lifestyles

**DATE:** Mon, Mar 4, 11, 18, 25, Apr 1, 8, 22, 29, May 6, 13, 20  
**TIME:** 1-2 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** Free!

### Pickle Ball

**DATES:** Mon, Mar 4, 11, 18, 25, Apr 1, 8, 22, 29 May 6, 13, 20  
**TIME:** 2-3 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** Free!

### Beginning Wheelchair Basketball

**DATES:** Mon, 4, 11, 18, 25, Apr 1, 8, 22, 29, May 6, 13, 20  
**TIME:** 6-7:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 12 and older  
**FEE:** Free!

### Aqua Exercise

**DATES:** Thu, Mar 7, 14, 21, 28, Apr 11, 25, May 2, 9, 16, 23, 30  
**TIME:** 1-2 p.m.  
**PLACE:** Mary T. Meagher Aquatic Center, 201 Reservoir Ave.  
**AGES:** 18 and older  
**FEE:** \$22 per session

### Open Archery Practice

**DATES:** Thu, Mar 7, 14, 21, Apr 11, 25, May 2, 9, 16, 23  
**TIME:** 1-2 p.m.  
**PLACE:** Douglass Comm. Center Gym  
**AGES:** 14 and older  
**FEE:** Free!

For those who have attended at least one archery class. Instruction not provided! Call to sign up.

### Archery 101

**DATES:** Thu, Mar 7, 14, 21, Apr 11, 25, May 2, 9, 23  
**TIME:** 2-2:45 p.m.  
**PLACE:** Douglass Comm. Center Gym  
**AGES:** 14 and older  
**FEE:** Free! Call to sign up

### Preventative Health for Wheelchair Athletes, Caregivers and Clinicians

**DATES:** Mon, Mar 11, 18, 25, Apr 1  
**TIME:** 7:30-9 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** All!  
**FEE:** Free!

Four sessions, with guest lecturers from Bellarmine University's PT School.

### Stroke Support With Frazier Rehab

**DATE:** Wed, Mar 20, May 15  
**TIME:** 12-1:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** Free!

### Archery II

**DATES:** Wed, Mar 27, Apr 24, May 29  
**TIME:** 6:30-7:30 p.m.  
**PLACE:** Douglass Comm. Center  
**FEE:** Free!

For those who have attended Archery 101. Call to sign up.

### Gone Fishing

**DATES:** May 9, 30  
**TIME:** 8:30-11 a.m.  
**PLACE:** Call for details  
**AGES:** 18 and older  
**FEE:** \$1

Participants must have current fishing license.

## ♦ Just for Fun ♦

### Danceology

**DATE:** Tue, Mar 5, May 7  
**TIME:** 10:30-11:30 a.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$1

### Original Fun and Games

**DATE:** Tue, Mar, 5, 19, Apr 2, 9, 23, 30, May 7, 14, 21, 28  
**TIME:** 1:30-2:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$1 per week

Call for schedule.

### Spread the Word to End the Word Celebration Karaoke

**DATE:** Wed, Mar 6  
**TIME:** 12:30-2:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$1

### Movie of the Month

**TIME:** Wed, 6:30-8:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$2

**Mar 6** *The Ringer* (celebrating Spread the Word to End the Word Day)

**May 8** *The Odd Life of Timothy Green*

### Bowling Friday

**DATE:** Fri, Mar 8, 15, 22, 29, Apr 12, 26, May 3, 10, 24, 31  
**TIME:** 10 a.m.-Noon  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$45/session or \$5/week

### Generation X Club

**TIME:** Fri, 6-8 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18-29  
**FEE:** \$2

**Mar 15** Trivia Night

**May 31** Karaoke

### Girl Talk

**TIME:** Wed, 6-8 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$3 per class

**Mar 13** Make St. Patrick's Day Gifts

**Apr 10** Free Chick Flick Movie

**May 22** Mall Scavenger Hunt

### Grab Bag Night

**TIME:** Wed 6-8 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$2

**Mar 20** Monopoly

**May 15** Bingo

## ♦ Learning & Special Interest ♦

### Coffee Talk Book Club

**DATE:** Tue, Mar 5, 19, 26, Apr 2, 9, 23, 30, May 7, 14, 21, 28  
**TIME:** 1-2:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** Cost of the book

## ♦ Metro Dreams "U" ♦

Continuing education for individuals with and without disabilities. See our flyer for more details.

*More programs on the back!*



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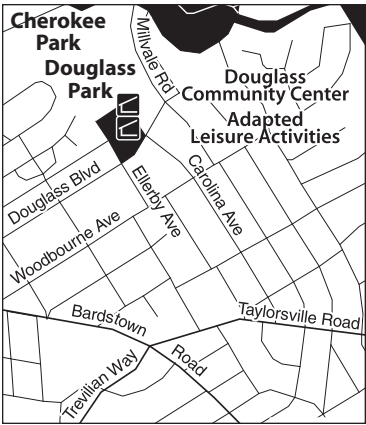
METRO PARKS  
AND RECREATION

# ADAPTED LEISURE ACTIVITIES

## Spring 2013 Calendar

The programs and activities in this calendar are offered through the Metro Parks Adapted Leisure Activities Program. Adapted Leisure Activities offers recreational opportunities for individuals with mental and/or physical disabilities, their friends and families. Adapted Leisure also offers programs specifically designed for youths with and without disabilities. Payment for programs (by check or money order) is requested in advance. Registration is required for all programs. For more information or to preregister, please call 456-8148.

**Adapted Leisure Activities**  
2305 Douglass Blvd #3  
Louisville KY 40205  
Mon-Fri 8:30 a.m.-5 p.m.  
voice • 502/456-8148  
TDD • 502/456-8183  
fax • 502/456-8143  
e-mail  
aleisure@louisvilleky.gov



Greg Fischer, Mayor  
Louisville Metro Council

METRO PARKS  
AND RECREATION



**Adapted Leisure Activities**  
2305 Douglass Boulevard #3  
Louisville KY 40205  
phone • 502/456-8148  
email • aleisure@louisvilleky.gov

### Safety and First Aid

**DATE:** Tue, Mar 5  
**TIME:** 6-7:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$2

### What to Do in an Emergency

**DATE:** Tue, Mar 12  
**TIME:** 6-7:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$2

### Your Health, Your Wellness

**DATE:** Tue, Mar 19  
**TIME:** 6-7:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$2

### Astrology Basics

**DATE:** Tue, Apr 2  
**TIME:** 6-7:30 p.m.  
**PLACE:** Douglass Comm. Center

**AGES:** 18 and older  
**FEE:** \$2

### Tie-Dyed T-Shirts

**DATE:** Tue, Apr 9  
**TIME:** 6-7:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$2

Participants provide t-shirts.

### Your Health, Your Wellness

**DATE:** Tue, Apr 23  
**TIME:** 6-7:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$2

### Gardening

**DATE:** Tue, May 7  
**TIME:** 6-7:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$2

### Your Health, Your Wellness

**DATE:** Tue, May 14  
**TIME:** 6-7:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$2

### MDU Graduation!

**DATE:** Tue, May 21  
**TIME:** 6-7:30 p.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$2

### ♦ Arts & Crafts ♦

### Easter Craft

**DATE:** Tue, Mar 19  
**TIME:** 10:30-11:30 a.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$5

### Watercolor I

**DATE:** Tue, Apr 9

**TIME:** 10:30-11:30 a.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$5

### Derby Hats

**DATE:** Tue, Apr 23  
**TIME:** 10:30-11:30 a.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$10

### Watercolor II

**DATE:** Tue, May 14  
**TIME:** 10:30-11:30 a.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$5

### Summer Fun Beads

**DATE:** Tue, May 28  
**TIME:** 10:30-11:30 a.m.  
**PLACE:** Douglass Comm. Center  
**AGES:** 18 and older  
**FEE:** \$5